

Carolina country



Leading the Way

INSIDE:

The cooperative model
Detecting outages
Helping burn victims

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ON THE COVER

A U.S. Army vet and member of Black & Phillips American Legion Post in Midland, N.C., in last year's July 4 celebration parade in Harrisburg. Harrisburg has scheduled its festivities again this year July 2-4, with the parade on July 4. (Photo by Amory Anderson, blog.amoryanderson.com)



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Read monthly in more than 650,000 homes



Published monthly by North Carolina
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative



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Raleigh, NC 27616
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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Why we opposed new EPA rules on power plants

By Michael W. Burnette



The U.S. Environmental Protection Agency recently proposed new standards aimed at reducing the emission of greenhouse gases, mainly carbon dioxide (CO₂), from power plants that generate electricity. Electric cooperatives opposed these standards primarily because they impose significant equipment retrofits in an unrealistic timeframe, creating huge cost increases that could result in additional rate increases. We also pointed out to the federal government that the new standards fail to face the facts about our nation's energy supply and the technologies available to deliver electricity safely and reliably.

Electric cooperatives support a comprehensive national energy and environmental policy that maximizes energy efficiency, embraces all domestic fuels — nuclear, natural gas, renewable and coal — and emphasizes the development of technologies that reduce CO₂ and other emissions. However, EPA's new standards have the opposite effect: they reduce our future fuel diversity and obstruct incentives for coal technology development.

The EPA standards would effectively outlaw coal as a fuel source for new electricity generating plants. To use coal as fuel in new power plants, under these rules, would require the plants to install a carbon capture-and-storage technology that is not only prohibitively expensive, but also is not yet commercially available and faces major legal, technical and regulatory hurdles.

One reason EPA proposed these standards on the electricity industry is that it assumes natural gas — an abundant North American fuel — is readily available and affordable to replace coal as a fuel for new power plants. The fact is that natural gas is readily available only in certain regions. This is especially true in more rural remote areas. Adding to this dilemma is the fact that

natural gas prices historically have been nearly impossible to forecast. Natural gas prices may be low today, but they could be significantly higher in future years. Forcing generators to use natural gas is a risky policy.

Another reason for the proposed standards is that EPA believes placing strict limits on CO₂ emissions could spur development of clean-coal technologies. For many years, electric cooperatives have been supporting and developing these technologies. In fact, co-ops in Mississippi and in the northern Great Plains are using state-of-the-art plants employing this technology, mainly because they understand we must continue to rely on coal as a fuel source in the near future.

Unfortunately, the clean-coal technologies suggested by EPA simply are not yet feasible and available for full-scale commercial deployment everywhere. Until the significant legal, regulatory and permitting issues, as well as technical hurdles are settled, utilities will not make the major investments required for the technology to be installed.

The EPA and all government agencies must pursue a comprehensive policy that provides for a balanced solution using all available energy sources and environmental technologies that make sense for all regions of the nation. A policy such as this will allow your electric cooperative to continue to provide you electricity at the lowest possible cost. **B**

Michael W. Burnette is senior vice president and chief operating officer for power supply at North Carolina Electric Membership Corporation, the Raleigh-based wholesale power supply cooperative owned by most of the state's electric cooperatives.

Horsepower and hard work

Your magazine cover and the “Down to Earth” article [June 2012] brought back many memories for me, not all pleasant ones. I was born and raised on a small farm not 40 miles from Broadway, Va. We did all work with horses and manpower—actually boy power, since there were eight boys in the family. I can remember coming home from school when I was 9 or 10 years old, hurrying to the field to relieve Dad from plowing, using a team of three horses pulling a single bottom plow. Sometimes it seemed to take a half hour to make just one round.

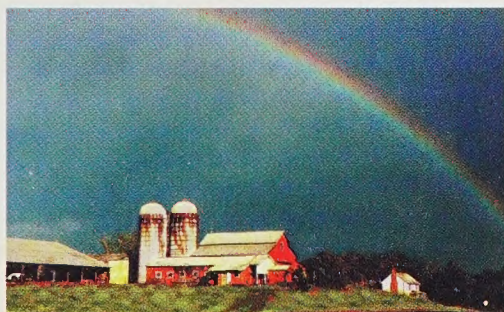
When I was 13 years old, Dad put me on the binder to cut wheat, using a team of four horses. I was the oldest boy, and the second-oldest was working for a cousin of Mother’s. The three youngest boys could not keep up with Dad cutting wheat. As anybody raised on the farm knows, there are many days of hard labor when using just horses to power the equipment. Using horsepower also requires a lot of manpower.

Carl E. Saufley, Denver

Fire ants & hot water

There is no need to use poison to kill fire ants [“Carolina Gardens,” June 2012]. Just dig out the top of the ant pile, boil up a large pot of water (I use a turkey fryer) and pour the boiling water into the hole. You may have to do it two or three times, but you will not be poisoning the ground, especially in or around a garden.

Ben Howe, Four County Electric



After a storm

This was taken after a storm on Hwy 64, east of Ramseur, Randolph County.

Kimberly Lackey, Staley

Thrifty & environmentally friendly

I’m a member of Haywood EMC and look forward to receiving the monthly magazine, Carolina Country. I read it cover to cover, look forward to seeing interesting articles and recipes, tear out the pages and keep them, and send e-mail messages to my friends about the articles that may be of interest to them. The energy-saving devices that you describe, and that I picked up from the Haywood EMC Lake Toxaway office about two years ago, have been installed. Just now I asked James Dulley, columnist in “Try This,” about my rubber roof. Many thanks for your magazine. It is part of my thrifty and environmentally friendly lifestyle.

Elaine Deppe, Brevard, Haywood EMC



Where is this?

Our “Where Is This?” photo contest in the May 2012 magazine showed this photo by Karen Doody. Unbeknownst to us, the vehicle shown is no longer there, so it seemed that no one could identify the scene. But we were wrong. Ebern Watson Jr., a Four County EMC member in Rose Hill, knew where it was. “This GMC panel wagon was located (now removed) at South West community, Hwy. 53, west of Jacksonville on the yard of a closed down auto repair shop. I stopped several times to locate a responsible person in order to purchase the GMC. I could never find any info about the owner. I checked other local neighborhood businesses, and no one could give me a name or any info about the owner. I restore and build cars. I wanted to convert the GMC to a “Rat-Rod.”

So Ebern Watson Jr. won our prize.

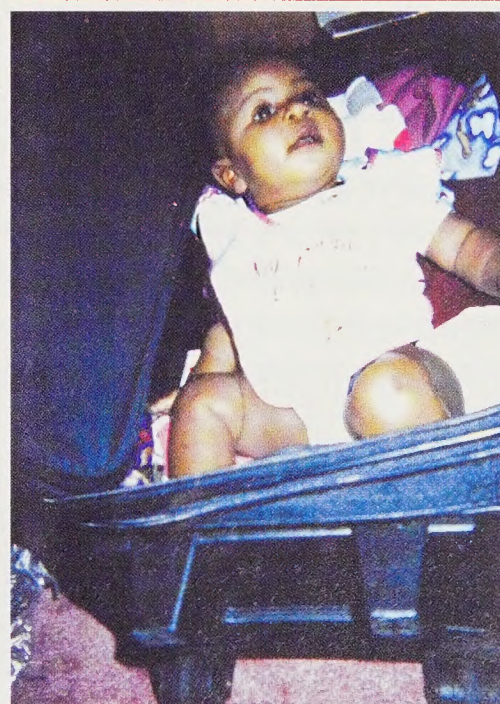


Piebald deer

I made this photo of a piebald deer, west of Casar, Cleveland County, and thought you might like to share it in Carolina Country.

Gene Meade

Editor’s note: A piebald animal has a genetic condition characterized by reduced pigmented or unpigmented skin, not caused by parasites or diseases.



Suitcase of joy

This is a suitcase full of joy at GaMa’s house: my granddaughter Jakaii.

Wanda W. Wilkinson, Belhaven, Tideland EMC

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We must teach cooperative principles to the next generation

By Douglas Stephens IV

Over the last year, as North Carolina's representative on the electric cooperatives' Youth Leadership Council, I have had the privilege to observe cooperative activities on nearly every level. The experience has proved to be a shaping force in my life and thought. The Youth Tour in June 2011 took a rag-tag bunch of kids and threw us headfirst into the heart of Washington, D.C., the most powerful city in the world. We took home a much greater understanding not only of how cooperatives work, but also of their vital and enduring importance to communities across the nation.

For me, the Youth Tour was just the beginning. I was given the privilege of spending two weeks living and working with 41 of the most brilliant, passionate and dedicated young people that North Carolina's countryside has to offer. These were truly the cream of the crop; teenagers with enormous amounts of innate talent and ability, who only lacked the opportunity to blossom and put their skills to use. What emerged from the refiner's fire of sleep deprivation and ceaseless activity was a tightly knit band of young men and women who were now prepared to become tomorrow's leaders.

...the cooperative way has the momentum to become a movement, to revolutionize the way that the world does business.


If there is one thing that I took away from all this, it was that our cooperatives are a treasure. It's rare these days to consider something worth keeping; our society is preoccupied with the disposable. Yet the cooperative way is something unique and precious: Here we have a model of business that unites the individual and common good—motivated by human need rather than human greed—a system of cooperation rather than coercion. This treasure must not be lost, or even allowed to stagnate. No longer a story of survival, the cooperative way has the momentum to become a movement, to revolutionize the way that the world does business. If we are committed to the proposition that cooperative principles are more than simple guidelines, then we must do what we can to apply them to people everywhere.

This year, declared by the UN as the International Year of Cooperatives, is the time to spread our model throughout the business world. It would not be overly difficult. The minds and ideas are already in place; all you must do is teach. To ensure spread of the cooperative way, you must ensure that the members of the next generation are taught these principles. The Youth Tour is a good start, but it



cannot suffice. Imagine every cooperative in the state hosting seminars on the model, or supporting local schools and colleges that teach it. While on the Youth Tour last June, the North Carolina delegation passed a large statue in front of the National Archives building. The inscription on the statue's stone pedestal made an enormous impression on me: "The heritage of the past is the seed that brings forth the harvest of the future." It is imperative that the upcoming generation of businessmen, politicians and leaders be made aware of the rich heritage they have.

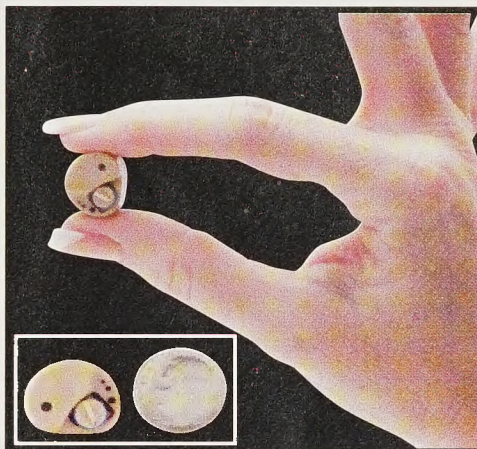
You taught me that being a part of something bigger is sometimes as easy as stepping forward, and that often the world's movers and shakers aren't the ones in the headlines. You taught me that there are inspired and motivated people like me across the country who are eager to step forward and lead when the opportunity arises. I learned that even the things most easily taken for granted in life, like electricity, must be protected, guarded and sometimes fought for. I learned that anyone can change the world, and I will never flip a light switch the same way again. You taught me about both the cooperatives and myself, and I want as many others as possible to learn the same.

Never stop educating your youth. We are the ones who must one day take up the torch that you leave to us. The choices you make today determine whether my generation will take up a burning beacon or a charred ember. Give us the opportunity, continue passing on your heritage, and we can continue following the cooperative tradition, and lighting up the American countryside for many years to come. 

Excerpted from remarks delivered at the 2012 statewide annual meeting of North Carolina's electric cooperatives. Douglas Stephens IV is from Cumberland County and was sponsored on the Youth Tour to Washington, D.C., by South River EMC. He was elected by his peers to represent North Carolina this year on the cooperatives' national Youth Leadership Council. In April, he received the Youth Leadership Council Scholarship from the North Carolina Association of Electric Cooperatives and will attend Liberty University in the fall.

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Students benefit from Wake Electric's energy monitoring service



Heritage High School teacher Molly Bostic, a Wake Electric member, said, "In five or six years, these students will be making their own decisions when it comes to energy consumption, and I hope they will take this lesson with them as they grow into adults."

Students at Heritage High School in Wake Forest recently learned life lessons about energy conservation through an environmental science project in which the local electric cooperative, Wake Electric, took on an unexpected role.

Their teacher, Molly Bostic, assigned students to monitor their home electricity usage for a 10 day-period and then determine their average daily electric use and cost. She also asked students to consider areas where reduced consumption and other changes could result in energy cost savings.

Students whose families are Wake Electric members were able to use its new

Monitor & Manage program to help track and evaluate their electric use. The Monitor & Manage program is an online system that can collect energy data from each home. Students who are Wake Electric members could log in to their parents' accounts and see firsthand the energy consumption at their houses.

"The students who used the Monitor & Manage program had a higher level of understanding of their energy usage, and their conclusions were deeper and more reflective," said Bostic. She said the students "were able to go online the very next day and notice things such as, 'Hey, we ran four loads of laundry yesterday, and look how many more kilowatt-hours we used.'"

To help members track their electricity usage, Wake Electric recently introduced the PowerUp with PrePay program, a pay-as-you-go billing option. Members participating are automatically notified via phone and e-mail when their account gets low on funds and they can track through the Monitor & Manage program how much electricity they have used.

For more information on Wake Electric's member services, visit www.wemc.com.

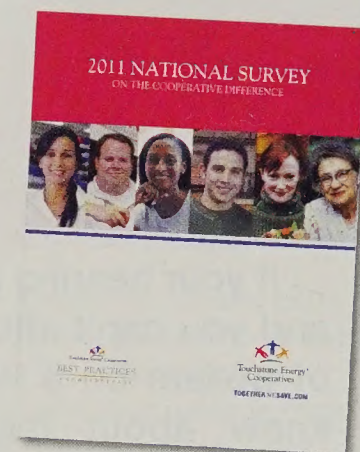
Wake Electric is a non-profit electric utility serving over 35,000 members in parts of Franklin, Durham, Granville, Johnston, Vance, Nash, and Wake counties.

Tri-County EMC scores rank 2nd in the nation

In a 2011 national survey of electric cooperative members, Tri-County EMC recorded the second-highest score in the U.S. among the cooperatives that participated in the survey.

The Touchstone Energy Cooperative Difference Survey included a measure of member perception of their co-op's service. That part of the survey asks consumer-members how well their co-op performs in several service components: customers' best interests, community involvement, good value for the money, being up to-date, reliable service, and offering a variety of energy efficient solutions. Tri-County EMC—which serves more than 23,000 member accounts in Duplin and Wayne counties and parts of Lenoir, Johnston, Jones, Sampson and Wilson counties—scored 89 of a possible 100.

Reliable service was identified as the single most important factor by which consumers judge electric utilities, followed closely by knowledgeable employees and good value for the money.



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78°

Source: EnergySavers.gov

Signs of Heat Illnesses

Heat Stroke

The most serious of heat illnesses, heat stroke, can be deadly and swift. Your body temperature could rise to 106 degrees Fahrenheit or more in as little as 10 to 15 minutes. Symptoms include hot, dry skin or the opposite—profuse sweating, hallucinations, chills, throbbing headache, confusion or dizziness, and slurred speech. If you see someone with the symptoms of heat stroke, immediately call 911 and move the person to a shady area. Try misting the person with cold water, soaking his or her clothes, or fanning the body.

Heat Exhaustion

Heat exhaustion is the result of heavy sweating—extreme loss of salt and water. People prone to heat exhaustion include the elderly, those with high blood pressure, or people who work in hot conditions. Besides excessive sweating, symptoms include extreme weakness or fatigue, dizziness and confusion, nausea, clammy skin, muscle cramps, and shallow, rapid breathing. If a person suffers from heat exhaustion, move him or her to a shaded or air-conditioned area. The victim should drink cool—non-alcoholic—beverages and take a cool shower or bath.

Heat Syncope

Sun-bathers may be prone to heat syncope, which is dizziness or fainting after lying (or standing) for long periods of time. Dehydration can contribute to an episode of heat syncope. If you feel dizzy after lying for a long time, sit or lie back down in a cool place and sip on a cool beverage.

Heat Cramps

Folks who work or play sports outside in the heat may suffer from heat cramps, which result from low salt levels after heavy sweating. Heat cramps usually are felt in the arms, legs, or abdomen. If you feel them, stop what you're doing, sit in a cool place, and drink clear juice or a sports beverage. Take it easy for a few hours after you no longer feel the cramps.

Source: U.S. Centers for Disease Control

CO-OPS & COMMUNITY JOBS



The Edgecombe County landfill gas generation project will consist of two methane gas generators with an output rating of 740 kilowatts and will be interconnected to the electric cooperative's distribution system.

Edgecombe-Martin County EMC helps convert landfill gas to energy

Edgecombe County's landfill gas generation project south of Tarboro received a financial boost from Edgecombe-Martin County EMC in the form of a \$700,000 USDA Rural Economic Development Loan. The electric cooperative, based in Tarboro, applied for the interest-free loan to help the county complete this biogas generation facility. The loan will help purchase collection and generation equipment.

The county will own and operate the landfill gas collection and energy generation facility. Located at a construction and demolition landfill atop a closed municipal solid waste landfill, the plant will consist of two 370-kilowatt generators interconnected to the cooperative's distribution system. Conversion and connection are scheduled sometime this summer. Thousands of metric tons of biogas emissions generated from the landfill had been vented into the atmosphere, wasting a valuable renewable energy source. The collection and generation plant will turn a wasted energy source into an economic development tool.

The project is expected to add jobs to an economically distressed region of the state by giving the county a low-cost renewable energy source to attract new companies to locate near

the facility. The excess renewable energy produced will also be offered as a resource for agricultural storage and processing, such as sweet potato dehydration and fertilizer production. A recent study states that this agricultural use alone could create close to 100 new jobs. A portion of the facility's revenues will also help finance the Edgecombe Development Fund for job creation and workforce training throughout the county.

Eddie Stocks, the co-op's vice president of member and industrial development, said, "The USDA REDLG program provided the funding avenue for Edgecombe-Martin County EMC and Edgecombe County to work together in tapping into a resource that was literally being burned off. The landfill gas collection and generation system is a viable project that will create a positive revenue stream, two permanent jobs and will fund an Economic Development and Training Fund for the next 30 years. Innovative projects such as this one are crucial in spurring progress and growth in economically stressed counties such as Edgecombe."

Other funding for the \$1.7 million project included county and state energy grants.

NEXT MONTH: BLADEN COUNTY

After the Burns

High-voltage electricity instantly burned Scottie Rector inside and out. He was treated at the UNC Burn Center and now plays softball and runs in 10K races.

By Lindsey Listrom

The asphalt paver rolled through the work zone and Scottie Rector walked alongside it, working to set the thickness of a new roadway, the heat radiating upwards under the South Carolina sun.

Nearby, a dump truck struck a power line, and high-voltage electricity was suddenly turned loose. The electricity streaked through the truck, killing one man, and traveled to Scottie and the paver. The powerful current entered his body at the back of his head, searing his internal systems and damaging organs before it exited through his hip.

It was August 30, 1993.

"I didn't remember much until several weeks later,"

Scottie said recently while attending the 20th annual Celebration of Life reunion for burn survivors, hosted

by the North Carolina Jaycee Burn Center at UNC Hospitals.

In critical condition, 20-year-old Scottie was transported from Gaffney, S.C., to Charlotte, and then to the Burn Center in Chapel Hill. His mom and dad stayed by his side, and his girlfriend Ashley called every night. Ashley, who was 16 years old at the time, made the trip to Chapel Hill almost every week, catching a ride with whoever was heading north.

"I remember going in that first night, and Scottie was hooked up, bandaged, on monitors," Ashley said. "They told us in Charlotte he was not going to make it and to prepare ourselves." When she arrived in Chapel Hill the prognosis was more optimistic, but Scottie was not out of the woods.

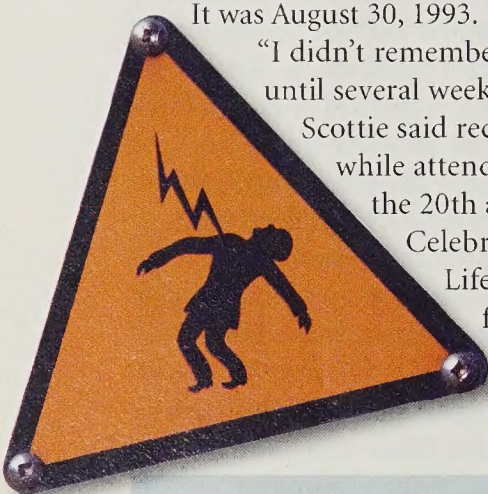
Dr. Bruce A. Cairns, M.D., director of the Jaycee Burn Center, says treatment of severe electrical burn injuries represents one of the greatest challenges in modern medical care because electrical burn injuries are so complex and so devastating to patients and their families.

Treatment of severe electrical burn injuries represents one of the greatest challenges in modern medical care.

"Nearly every organ system is affected by electrical injury," he said. "And all need close attention for a sustained period of time. Patients can remain in the intensive care unit for months, and many require dozens of surgeries."

Even after all that intense care, Cairns added, patients frequently require years of rehabilitation, and many suffer from chronic neurological, psychological and wound-related problems.

After 12 surgeries, Scottie had scars and was missing his pinky finger and part of his ear. He had to learn to walk again and began a rigorous therapy regimen. One of his more difficult exercises required him to move a rod



UNC Burn Center & electric cooperatives: a longtime relationship

The North Carolina Jaycee Burn Center at UNC Hospitals accepts patients from across North Carolina and neighboring states and has operated at above-capacity for the past several years. In 2011 the center admitted more than 1,300 patients and supported more than 3,500 outpatient clinic visits.

North Carolina's electric cooperatives have a long-standing partnership with the Burn Center, which is recognized as one of the best comprehensive burn centers in the world. In 1972, the state's electric co-ops pledged \$40,000 to help open the center, and since then the co-ops, their partners and vendors

have donated more than \$1 million in proceeds from an annual golf tournament.

"Our partnership helps ensure all burn victims will receive world-class treatment and that the Burn Center can continue to make strides in advancing scientific knowledge on burn care and rehabilitation," said Dale Lambert, CEO of Randolph Electric Membership Corporation and member of the Burn Center's advisory board.

Funding from the co-ops has supported burn prevention and youth education programs, the renovation of the pediatric play room, a burn survivors reunion event at a

UNC basketball game, and most recently, the creation of a new Acute Burn and Wound Unit. The new unit allows staff to cross-train in burn care, provides space for a new wound treatment area, and adds 15 beds to increase the center's total capacity to 36.

In recent years, the co-ops also have supported the Safe Start program to educate pre-K through first grade students about fire and burn safety. It is a collaboration with the N.C. Head Start program, available in English and Spanish, and parents are required to participate so they learn as well.

The electric co-ops plan to contribute

up a board, notch by notch, stretching his wounded skin and flexing his atrophied muscles.

"It made me so mad. I could see him shaking," said Ashley, who wondered why the staff was pushing him so hard. Scottie persevered, learned to stand, and eventually he was walking laps around the center.

With the help of a cane and three months of recovery and therapy, Scottie left the Burn Center just in time to celebrate Thanksgiving with his family. "After I got home," he said. "I understood why they pushed you and put you through that. They helped me get back to a normal life without a handicap."

Recovery and support

The Burn Center offers extensive rehabilitation and aftercare programs to survivors and works to help patients transition from burn victim to burn survivor, returning them to lives of productivity and health.

"The physical recovery from a burn injury is time limited, but the emotional and psychological recovery can be life long," said Anita Fields, R.N., program manager for burn aftercare. "Part of our mission here at the Burn Center is to continue to provide support to burn survivors for as long as they need it."

Scottie and Ashley were married in 1995 and live with their three daughters in Cherokee County, S.C. They agree that the Burn Center's reunion




Scottie Rector, 18 years after suffering severe burns, in a recent portrait with his wife Ashley and daughters (from left) Lydia, Laura and Lindsey. "Scottie never gives up," Ashley says. "And he's instilled that in our girls."

events, like the Celebration of Life, are a vital part of the healing process. Burn survivors and their families travel from far and wide to participate.

Scottie said the caring nurses are what he remembers most about the Burn Center, and Ashley calls the Center and its staff a godsend. "It's the best care we've ever gotten. It's family now, even after 18 years."

Scottie still suffers from occasional pain in his hips, but it hasn't stopped him from playing on his church softball team.

In 2010 he completed the 10-kilometer Cooper River Bridge Run in Charleston.

The Rectors celebrated Scottie's 39th birthday in May with a party, because as Ashley says, another year is always something to be thankful for. "Their daddy is their hero," said Ashley of their children. "Scottie never gives up, and he's instilled that in our girls." 

Lindsey Listrom, a graduate of UNC-Chapel Hill, is a communication specialist with the North Carolina Association of Electric Cooperatives.

another \$500,000 over the next five years.

"The citizens of North Carolina are so fortunate that the electric co-ops helped found and have supported the Burn Center over the past 30 years," said the center's director Bruce Cairns. "Co-op support has been essential not only in providing resources but guidance, direction and oversight. As a direct result of co-op participation, the Burn Center serves not only the medical needs of our patients, but the nursing, therapy, psychological, spiritual and family support needs as well."

For more information on the Burn Center: (919) 966-3693 or www.med.unc.edu/burn.

At the dedication of the new Acute Burn and Wound Center, UNC-Chapel Hill associate athletic director Rick Steinbacher presents a ball signed by the UNC men's basketball team to the Burn Center. The electric cooperatives work with the athletics department on a number of projects each year, including the Touchstone Energy Sports Camp scholarships and bringing student athletes to the Burn Center for a visit with patients. With Steinbacher (from left) are Dr. Bruce Cairns, UNC chancellor Holden Thorpe, and Dale Lambert of Randolph EMC, a member of the Burn Center's advisory board.



KEEPING THE LIGHTS ON

Electric co-ops lead the way in introducing outage-prevention technology

By Maurice Martin and Brian Sloboda

In keeping with their tradition of innovation, electric co-ops are working hard to introduce new technologies that will increase service reliability, decrease outage time, and improve safety for line crews and the public.

One of the major areas where advancements are taking place involves down-line automation. An umbrella term describing the use of digital meters and equipment, software applications and two-way communications, down-line automation can allow your electric cooperative to:

- * effectively monitor the flow of electricity in near real-time
- * identify and self correct voltages out of allowed ranges
- * pinpoint outage location and reroute the power to minimize the number of meters effected by the fault

Such systems transmit signals to transformers, capacitors, circuit breakers and other control devices to initiate diagnostic or corrective actions that can isolate, reroute power around, or even remotely repair the cause of a power interruption.

With down-line automation, co-ops can reduce how long an outage lasts, and lower the number of members who lose power.

One of the most promising advances in down-line automation—called distribution fault analysis (DFA)—taps high-resolution monitors installed on electric lines and cutting-edge algorithms in order to zero in on hard-to-find electric system trouble spots before they morph into full-blown outages. DFA “reads and identifies” specific fault signatures in a waveform—such as a cracked insulator or a tree limb occasionally brushing a line and causing a blink. Instead of learning



“Ti,” a 140-pound robot being developed by the Electric Power Research Institute, hangs gondola-style from bulk power lines and rides slowly from tower to tower, monitoring the condition of the lines. Robots like Ti seek to prevent power outages.

about an event, like an outage, reactively, co-ops can investigate, diagnose, and fix a potential problem ahead of time.

An electric cooperative in Tennessee has been testing a DFA system designed by Texas A&M University and the Electric Power Research Institute, a Palo Alto, Calif.-based non-profit consortium whose members include co-ops. Other electric cooperatives have signed up to test DFA’s potential through the Cooperative Research Network, an independent research and development service of the National Rural Electric Cooperative Association.

Another down-line tool that could improve electric reliability entails using robots to check out the condition of transmission lines. Like DFA, robots seek to prevent outages. But unlike DFA, robots directly inspect cables and other components rather than waveforms. Robots can work on the ground or in the sky, and some even operate while suspended from live power lines.

In sprawling, rugged service territories with densities sometimes as low as two or three consumers per mile,

down-line automation and diagnostics can substantially lower costs by reducing truck rolls. Following massive storms, the ability to target outage locations from the office and efficiently dispatch line crews can significantly speed up getting the lights back on.

The above developments are really no surprise - innovation is a key part of our cooperative DNA. It embodies the same spirit that drove rural residents to find ways to overcome seemingly insurmountable technical, engineering, legal, political and financial hurdles and bring central station electric service to all corners of America.

Our not-for-profit, consumer-oriented business structure ensures all decisions technology-based or otherwise focus on our core mission: providing members with a safe, reliable and affordable supply of power. **6**

Maurice Martin is senior program manager specializing in transmission and information technology for the Cooperative Research Network (CRN), a service of the National Rural Electric Cooperative Association. Brian Sloboda is senior program manager specializing in distribution operations for CRN.

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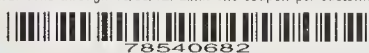
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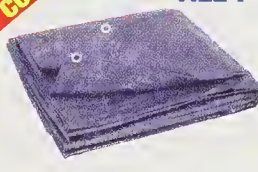


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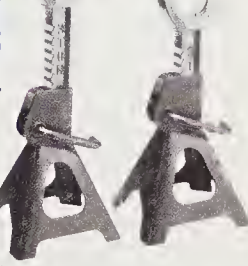


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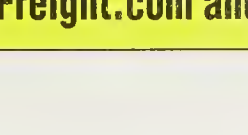
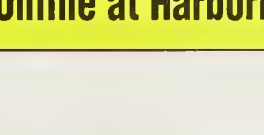


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Connecting farm and fork

A new facility has space and equipment to help local farms and food suppliers stay local

By Margaret Buranen

Thanks to the Piedmont Food and Agriculture Processing Center (PFAP) in Orange County, some happy food entrepreneurs have gotten their businesses really cooking.

Located in Hillsborough, the \$1.4 million facility is for food business entrepreneurs in Orange, Durham, Chatham and Alamance counties. At PFAP they have access to the space and equipment they need to grow their businesses, plus experts for consultation.

Dedicated in October 2011, PFAP contains 10,400 square feet of office space, refrigerated and frozen storage, and food preparation and packaging areas. Funding came from the Tobacco Trust Fund, the N.C. Agricultural Development and Farmland Preservation Trust Fund, and other sources.

"The response to opening the doors to PFAP has been overwhelming," said Noah Ranells, Agricultural Economic Development Officer for Orange County. "Many people are finally considering how a local farm-to-fork food system can contribute to the region's economic development."

Agriculture Extension and economic development staffers from the four counties worked for several years to create PFAP. Ranells said that the hardest part was raising the money to renovate and equip the center. The collaboration succeeded because of "a common motivation to support an innovative [idea] that joins mutual partner county support for entrepreneurship, small business, local farms products and culinary artisans," he said.

Two of PFAP's most enthusiastic clients are Jon and Dina Mills, co-owners of LunaPops.

Their frozen treats, made from all natural ingredients, come in such tempting flavors as Raspberry Chocolate Chip, Pineapple Mango, Sea Salt Caramel, and Hibiscus Lemon.

The Millses opened their first

The Piedmont Food and Agriculture Processing facility in Orange County contains 10,400 square feet of office space, refrigerated and frozen storage, as well as food preparation and packaging areas. Local businesses working from here include LunaPops, a frozen treat made here using local ingredients, and the Baguettaboutit sandwich makers. (David Hunt photos)



LunaPops store in Wilmington in 2008. They used the kitchen in back of their small shop to produce LunaPops for the store and their second store in Surf City (on Topsail Island).

To produce LunaPops in 4-packs that would sell to many more customers at higher end supermarkets and natural food stores they needed a much larger production facility. But such a facility would cost them at least \$500,000, far more capital than they had to invest. Instead of visiting a bank, they took a tour of PFAP.

"We decided it was the perfect interim space for LunaPops," Jon Mills said. "It would allow us to grow for the next 18-24 months as we built our brand name and reputation and it would significantly mitigate the risk of a major expansion."

Moving their company to PFAP "compensated for one of the biggest challenges to small-mid size business growth: access to capital," he added. "PFAP already had huge walk in freezer space, a loading dock and much of the other equipment that we would need to go forward."


An unexpected bonus to Mills is "the great people that we have met that are

also in the food production business. Many of these people are going through or have gone through similar situations as we have in a growing business and thus they have great insight on how to deal with different situations."

Another advantage to developing a food business in proximity to other food entrepreneurs is the chance to work cooperatively, benefiting both companies. Mills gave an example.

"One of our most popular summer flavors is Chocolate Fudge Brownie," he said. "We use all-natural brownies in our pops. Instead of sourcing those brownies from an unknown baker, we are contracting with a baker that bakes in PFAP to make us brownies exactly to our specifications."

The Millses will buy fruit grown by local farmers to process at PFAP. Increasing sales of local food ingredients is one of the purposes behind PFAP. This practice reinforces the goals of "Gotta Be NC" and "Piedmont Grown," state and regional farm-to-fork local food branding programs.

For more information: (919) 245-2336 or www.orangecountyfarms.org/pfap 

Margaret Buranen is a writer who lives in Lexington, Ky.

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Arriving at Pleasant Gardens Elementary School in Marion that morning in 1958, I was met by one of my fourth grade friends.

"Hey, Joe, guess what they are going to show as a movie tomorrow?" he asked.

I told him that I had no idea, because I had never been to one of the school movies. School movies were a luxury that my family could not afford. Sure, they cost only a dime, but sometimes a dime was hard to come by. My two brothers and my sister respected our parents enough not even to ask for the frivolity of going to a school movie. I turned to walk away when he replied, "The Babe Ruth Story."

Did my ears deceive me? Did he say "The Babe Ruth Story?" Chills went down my spine. The school was going to show the life story of The Sultan of Swat, The Great Bambino. I had to see it. But how? Mom had just been released from the hospital, and things were tight around the house. Yes, we had food on the table—our garden, one cow and a few chickens supplied that. But money was scarce to the point of being non-existent. I couldn't find the nerve to ask Pop, because I didn't want him to be embarrassed telling me that he didn't have a dime.

I was beginning to play Little League baseball, and the great Babe Ruth was my hero. I read everything our school library had on this baseball giant. When I made the team, I even got his number 3 for my shirt. I wore that shirt like it was the Congressional Medal of Honor.

After supper that night, I began to have a battle within myself. Should I

break down and ask Pop? It was only one movie. It was only one dime. A lot of my school friends went to the school movies every week. The rest of us had to stay in class and work. Oh, how I envied them. Butterflies filled my stomach as I approached Pop in the kitchen.

"Pop," I stammered.

"Yeah, son. What is it?" replied my dad.

"Pop, I know we don't have any money, but tomorrow at school they're showing a movie about Babe Ruth, and I sure would like to see it. I'll be glad to do anything if I could go only just this one time."

I couldn't believe my ears. I had said it. I waited for his response. He looked into my eyes and saw the want.

"How much does it cost, son?"

"A dime, Pop. Only a dime."

Pop reached into his pocket and pulled out the contents. There was his pocket knife, a couple of nails, and the shiniest coin I ever saw in my life. One dime. He handed it to me.

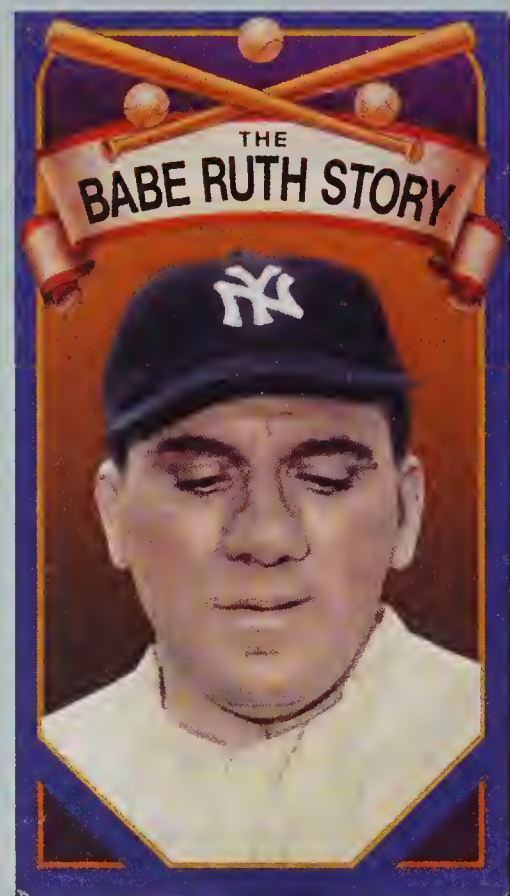
"Have fun, son," he said. "I wouldn't want you to miss seeing 'The Babe Ruth Story.'"

There was never a prouder kid in the entire elementary school than I was the next day. Right after lunch, the teacher announced that anyone who wanted to go see the movie of the week may go to the auditorium. I stood up proudly and walked out with the richer kids. At that moment I was the richest kid on earth. Not because I was going to the movie, but because of my dad. He had given me all that he had. He was then and has always remained my hero.

Hey, Pop. Thanks for the dime! 

Joe Silver is a member of EnergyUnited.

Chills went down my spine. The school was going to show the life story of The Sultan of Swat, The Great Bambino. I had to see it.



"The Babe Ruth Story," starring William Bendix as the Babe, with Claire Trevor and William Frawley, directed by Roy Del Ruth, was released by Allied Artists Productions in 1948.

Avoid home repair scams after disasters

Hurricanes and tornadoes are unpredictable, and it's important to know what to do when wind and water damage your home and property. Safety comes first, so if a disaster strikes, make sure your family is OK and there are no situations that present further danger or damage to your property.

It's important to call your insurance provider as soon as possible. Many homes and rooms can be saved if cleared and attended to quickly, but if others in your community are dealing with similar issues this process can get backed up easily. Calling quickly will get the claim processed earlier. It's also a good idea to take photos of any damage to the home. Another important step is to secure the property to keep belongings safe and to prevent trespassing.



Price gouging in N.C.

Price gouging—or charging too much in times of crisis—is against North Carolina law when a disaster is declared or proclaimed by the governor. The law is in effect due to Hurricane Irene. If you have a complaint about price gouging or think a business treated you unfairly, call 1-877-5-NO-SCAM (within N.C.) or file a consumer complaint at the North Carolina Department of Justice's website, www.ncdoj.gov.



When it comes time to hire someone for restoration work, beware of scam artists. After a disaster hits an area you can be bombarded with people who don't necessarily have the licensing or credentials to be doing restoration work. Frequently, these fly-by-night operators drive vehicles with out-of-state license plates or set up temporary offices which they can vacate quickly once authorities start looking for them.

Before writing a check, and before allowing any unknown individual into your home, the National Association of the Remodeling Industry suggests that a homeowner:

- Get the name and address of the company that person allegedly represents.
- Get all details of the offer in writing and carefully review it.
- Be sure any promises made verbally are placed in writing.
- Determine how long the company has been in business and call any trade organizations with which the contractor is affiliated to determine legitimacy.
- Ask for references and contact each one.

Homeowners should be especially skeptical if people:

- Come to the door unsolicited.
- Use high-pressure sales tactics.
- Request full payment or a hefty down payment upfront.
- Give a post office box without a street address or phone number.
- Promise to begin and complete the work more quickly and cheaper than any other company.
- Say they just finished work on a neighbor's house and have just enough materials to do repair work on yours, or that they can give you a better bargain if you let them do the work today since they have the supplies now.
- Don't provide a preliminary estimation report that details the full scope of work and that can be presented to the insurance company. Ⓢ

Source: *The National Association of the Remodeling Industry (NARI)*

Boosting curb appeal

Start from the ground up when enhancing your home

When you sell your home, one of the most important things you can do is boost your home's curb appeal. In fact, the National Association of Realtors says that curb appeal sells 49 percent of all homes.

Whether you are selling your home or staying put, here are some tips on improving your lawn and landscape.



Bold colors add excitement and drama to the landscape.

Warm yellows, oranges and reds enliven a garden. Yellow reflects more light than other colors, so yellow flowers will get noticed first.

- Not all color needs to come from flowers. Foliage can be a great landscape enhancer, so look for colorful grasses and plants like silvery lamb's ear, variegated hostas, and Japanese painted ferns.

Water right

Proper watering can go a long way toward keeping your lawn looking good. Check the working condition of sprinkler heads and water lines to make sure they're working properly. To ensure your manual or automated watering system covers the landscape efficiently, set a one-inch deep empty food can in the middle of your lawn so you can measure the depth of water collected each watering cycle. In addition:


Complement with color

Consider your home's exterior when selecting flowering plant combinations for plant beds, window boxes or front porch planters. With a white house, any color combination will work well. With a yellow house, red, purple or pink blooms tend to complement best. Keep in mind:

- For a calming effect, use cooler colors like blue, green and purple. They blend into the landscape for a peaceful look.
- Bold colors add excitement and drama to the landscape.



Well-trimmed shrubs and pretty flowers create a good first impression of a home.

- **Don't overwater.** Watering too much can result in shallow plant roots, weed growth, storm water runoff and the possibility of disease and fungus development. Give your lawn a slow, steady watering about once a week. Adjust your watering schedule depending on rainfall, as well as your grass and soil type. Trees and shrubs need longer, less frequent watering than plants with shallower roots.
- **The best time to water is early morning, between 4 and 7 a.m.** This helps reduce evaporation, since the sun is low, winds are usually calmer and temperatures cooler. The Environmental Protection Agency (EPA) says that you can lose as much as 30 percent of water to evaporation by watering midday. Always be mindful of local water restrictions.
- **Take advantage of rain.** Let nature water your landscape as much as possible. Rain barrels are a great way to harvest rain for watering your plants later on — and it saves you money on your water bill, too. 

The above tips were provided by TruGreen, a lawncare company, and Jason Cameron, a licensed contractor and television show host. For more lawncare tips, visit www.TruGreen.com.

Family Features.com

Seller resources

Local real estate company websites often have specific tips on making your home more sellable. For example, the real estate website www.myashevillehome.com

provides a seller's guide with helpful tips on impressing potential buyers such as painting a front door and putting a pot of bright flowers near the entryway. Also, the website Trulia.com includes a list of North Carolina cities and towns with information such as the current average price per square foot and average listing price in that locale. For more, visit www.trulia.com/city/NC



Pump up your pool's energy efficiency

How to keep pool water clean without draining your wallet

By Kelly Trapnell

A swimming pool provides the perfect summer retreat. But who wants it to drain dollars? Soak up these pool efficiency tips to save money while maintaining your personal, pristine oasis.

Each pool is equipped with an energy guzzler: the pump. The bigger the pump, the higher the power bill. Make sure your pool uses the smallest pump possible. New products like variable-speed pumps offer a good way to save. A knowledgeable pool supply or service firm can help you choose a proper pump for your pool, taking into consideration its size, filter and piping.

Greater savings can come from decreasing pump operation time, no matter the pump size. Keep drains clear of debris, or your pump will work harder to circulate water. Also, find a proper balance for backwashing the filter. Too much backwashing—the process of filtering and disposing of dirty water—wastes water, while too little strains the pump.

Make sure your pool isn't draining energy dollars needlessly by adjusting pump time and investing a little legwork. You'll have a prime poolside spot to relax in afterward, and the relief you'll see on your power bill will be well worth the effort. **Ⓢ**

Source: U.S. Department of Energy, Pentair Water Pool & Spa, Inc.

Kelly Trapnell writes on safety and energy efficiency issues for the National Rural Electric Cooperative Association.



Above: A clean pool for your family doesn't have to break the bank. Run your pool's pump for six hours or less per day, and use a timer to run your filter for several short periods rather than allowing debris to pile up after one long continuous filtration.



Middle: If you're thinking of updating your pool pump, look for energy-efficient technology like a variable speed pump.



Bottom: To keep debris down without running your pump overtime, use a skimmer to manually clean the water.

Common pool myths

These myths lead to extra pump time and wasted energy:

• **I need to run my pump to keep chemicals mixed — FALSE.**

Circulate water while adding chemicals, and they will stay mixed. There is no need to recirculate the water each day to "re-mix" the water.

• **My pool will be dirty if I don't run my pump to constantly clean debris — FALSE.** Try running your pump for six hours or less a day, as suggested by the U.S. Department of Energy's website www.EnergySavers.gov. If the cleanliness is not to your liking, increase filtration time by 30-minute increments until you are

satisfied. If six hours works well, try decreasing filtration time to find a balance with energy efficiency. To keep debris down without running your pump overtime, use a skimmer to manually clean the water. Also, try using a timer to run your filter for several short periods during the day rather than allowing debris to pile up after one long continuous filtration.

• **I need my pump to run continuously to keep algae at bay — FALSE.** Proper chemical balance and brushing down pool walls are the best algae fighters.

Let's Talk TRASH

The problem with plastic bags

Second in a series by Amy Ney

Plastic bags were first introduced in grocery stores in the 1970s. Customers were given a choice between paper or plastic bags. Now, 90 percent of the shopping bags used throughout the world are plastic.

Plastic bags made from polyethylene are derived from oil and natural gas, non-renewable resources. Processing requires additional natural resources such as oil, gas and coal, and emits harmful gases into the air. The estimated number of plastic shopping bags consumed annually throughout the world ranges from 100 billion to a trillion. Some of these bags (5 percent or less) are returned for recycling—but turning old plastic bags into a usable raw material is very expensive. Other bags are thrown away, where they emit toxic fumes if incinerated. Some bags are dumped or find their way through storm drains and streams into the ocean. Here, they choke and entangle wildlife, killing hundreds of thousands of mammals, fish and birds each year. Bags decompose into smaller pieces of plastic that contaminate soil, waterways, and eventually enter our food chain and our stomachs.

Throughout the world, countries are beginning to take notice and are banning or taxing plastic bags. China, Ireland, Rwanda and Bangladesh have all imposed plastic bag sanctions. And several U.S. cities and towns from coastal North Carolina to Seattle, Portland and San Francisco are following suit. Whether an outright ban or a


tax, the goal is the same: reduce the effects of plastic bags on our environment.

Plastic bag recycling has increased in some areas, thanks in part to statewide education programs about the benefits and ease of returning plastic bags to a recycle bin rather than throwing them away. The “A Bags Life” campaign (<http://abagslife.com/north-carolina>) focuses on reducing the number of bags used, reusing them for other purposes such as picking up pet waste, and recycling them at local retail locations. Although recycled bags can be reincarnated as benches, decking, fencing and even new plastic bags, most are discarded.



Using non-disposable bags saves an average of 6 bags per person per week. Over a lifetime, this could total 22,000 bags.

So, instead of plastic bags, should we return to using paper? Although paper bags are recycled at a higher rate (20 percent) than plastic and are made from trees, a renewable resource, they require more energy to produce and recycle, and they generate more emissions into our air and water. They also cost more to produce and take up more space in the landfill—neither paper nor plastic biodegrade in a garbage dump because of the dry, stable conditions.

A better solution to the paper versus plastic bag dilemma is probably to choose reusable bags. Using non-disposable bags saves an average of six bags per person per week. Over a lifetime, this could total 22,000 bags. If only 20 percent of Americans use cloth bags throughout their lifespan, we could prevent over a trillion shopping bags from entering our waste stream, our oceans and our food chain. These bags may be found at many retail locations as well as numerous online sites, can be crafted from materials from cloth to recycled plastic, and are available in a wide variety of sizes and styles. Although reusable bags may initially require more resources to create, using them for a long period of time can outweigh the disadvantages. Carrying your bags in your car makes them easily accessible when you arrive at the store. Or, if you are only purchasing a few items, you might carry them, or you may consolidate purchases from several stores into a single bag. Any plastic bags that you do use should be returned to a bag recycling bin, available at most grocery stores. 

Amy Ney is a freelance writer in Canton and a member of Haywood EMC.

Next month: *Is Bottled Water Really Better?*



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 8 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive \$25.

WHERE IN
CAROLINA COUNTRY
IS THIS?



June

June winner

The June photo showed a giant rooster statue located in Franklin County on Rte. 401 near Harris Crossroads (Tarboro Rd.), between Rolesville and Louisburg. James A. Buell told us the rooster was placed in the yard of Lemuel "Rooster" Hoyle about four years ago. Mr. Hoyle passed away approximately three years ago, he told us, and his widow, Joanne, still lives there. Many of you knew the correct answer. And lots of children love seeing this scene as they ride by. The winner, whose correct answer was selected at random from all the submissions, was Jerry Keith of Wake Forest, a member of Wake EMC.

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I Remember...



We took baths in a foot tub that was a little smaller than this one.

Backyard baths

In the early 1950s, we took baths in our backyard at our house near Benson. The tub was mainly used to put clothes in when they were washed in a wash pot outside. We didn't have a bathroom or running water inside the house. Water was drawn from a well in the backyard. The water was heated by the sun or on a wood stove. We used homemade soap.

The picture shows a clean dirt yard with no grass or weeds. We kept them chopped with a hoe and swept with a yard broom made from reeds growing in the woods or on a hedge row. In the background is a cornfield that my Papa farmed.

I thank God for today's electricity and modern bathrooms!

Ada Allman, Benson, South River EMC

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Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616

Pop Hall's watermelons

Now, Pop was funny about his watermelons. We could eat all we wanted with only one rule in mind. No one—and I mean NO ONE—was allowed to touch his seed watermelon. He always picked out one watermelon to save seed for the next season. He always told us all which one would be the one not to touch, and we respected his wishes.

One day as we were leaving the tobacco field to go to the house to wash up for lunch, we noticed Pop was mad about something. When we got to the house, he got us all together and told us what was wrong: "Someone has got my seed watermelon! I'm mad as an old wet hen!"

Pop said, "OK, I figured someone might steal that watermelon, so I put poison in it. And the only thing that will kill the poison is to eat a pound of lard all at once."

We had a boy working with us who lived up the hill from Pop. He pulled tobacco along with us grandkids. He always ate lunch with us every day. Well, when he heard what Pop said, he got real bad off sick and had to run home. Well, you know what happened: He went straight home and ate the whole two-pound can of lard that his mother had.

Pop was a wise man. He found out who got his seed watermelon. And the boy learned his lesson, and is still a friend of our family. I see him often, but I never bring up watermelons.

Jim Florence, Efland, Piedmont Electric



My grandparents L.D. "Pop" Hall and Flossie Murray "Granny" Hall.

Here's the old yellow truck and my dad Garry Lee Richardson, my son Joseph Garry Spurlin, and our dogs Angel and Harley.



The old yellow truck

When my grandfather Jones Nathan Richardson passed away in January 1994, he left behind not only his teachings and Christian love, but also the old yellow Chevy truck. My father, Garry Richardson, has this truck now, and every time he drives down the road I think about my grandfather. He would always do for everyone else before himself. When he was in the hospital dying of cancer, he would go visit other patients. He was always spreading the gospel.

I see a lot of my grandfather in my father, his teaching, his love and how he always does for everyone else. One day my father will hand the keys of this yellow truck to me, and then I will hand them down to my son. I hope to be half the person my grandfather was and my father is. And I hope to teach my son about love and doing for someone else before yourself.

Shelly Spurlin, Catawba, EnergyUnited

Underwater treasure

Every summer my cousin and I would attend the Melton family reunion at my grandparents' lake house on Lake Norman. We'd watch different items "kerplunk" off of the pier. Some people would forget their sunglasses on their heads as they were pulled away from the pier on water skis. Some would drop a brush or comb off the end of the boat dock. I can remember my grandmother dropping a jar of fingernail polish. All kinds of treasures went into the water for later retrieval.

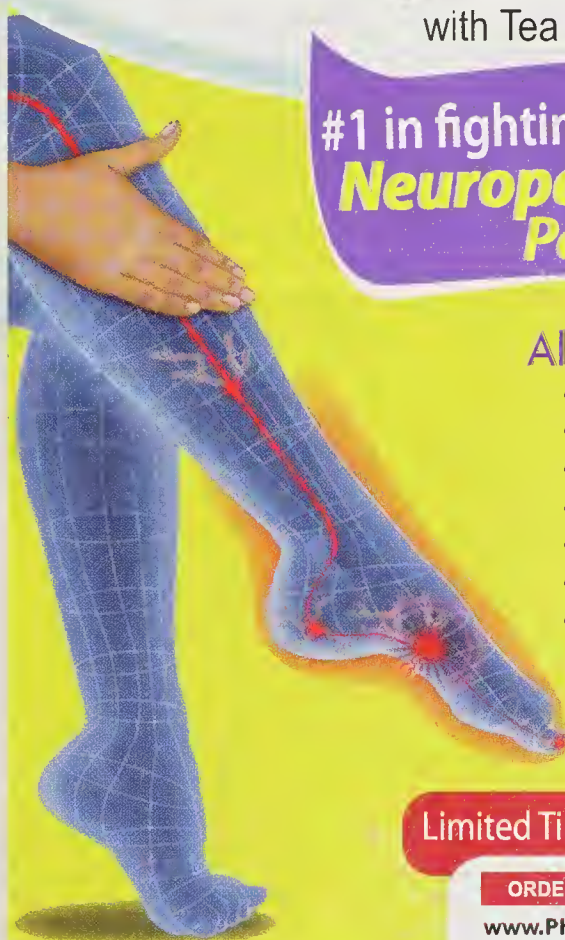
After the guests were gone, it was time to go hunting. My cousin Mark and I, about 12 years old, would hit the water. With my hands on his shoulders, he'd take one big breath and under he'd go. I'd shove with my hands then climb onto his shoulders. I'd stand and wait. He'd make it to the bottom to feel around for all of the lost items from present and past reunions. In a few minutes, up he'd come with a long lost mug or a pair of pliers.

Susan Venturini, Union Grove, EnergyUnited

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Diane T. / Greensboro, NC

Domi-No.s



$$\begin{array}{r} 2 \\ \hline 0 \end{array} \begin{array}{r} \\ \hline E \end{array} \begin{array}{r} \\ \hline R \end{array} \begin{array}{r} \\ \hline T \end{array} \begin{array}{r} \\ \hline M \end{array}$$

$$\begin{array}{r} \\ \hline E \end{array} \begin{array}{r} \\ \hline A \end{array} \begin{array}{r} \\ \hline Y \end{array} \begin{array}{r} \\ \hline N \end{array}$$

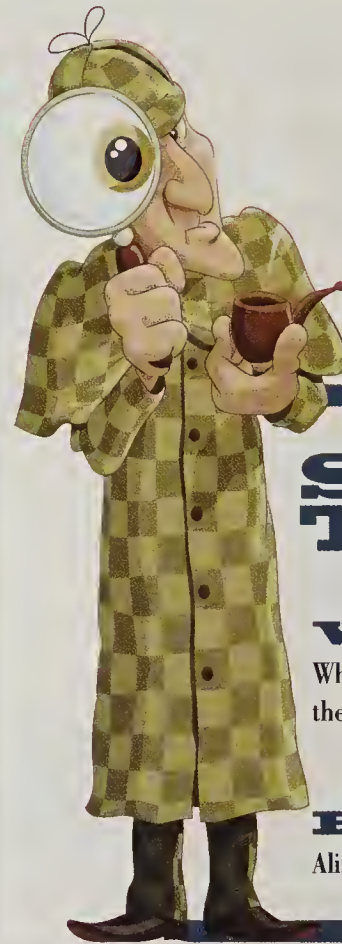
$$X \begin{array}{r} 2 \\ \hline 0 \end{array}$$

$$X \begin{array}{r} 5 \\ \hline I \end{array}$$

$$\begin{array}{r} \\ \hline M \end{array} \begin{array}{r} 2 \\ \hline 0 \end{array} \begin{array}{r} \\ \hline U \end{array} \begin{array}{r} \\ \hline N \end{array} \begin{array}{r} \\ \hline T \end{array}$$

$$\begin{array}{r} \\ \hline A \end{array} \begin{array}{r} 5 \\ \hline I \end{array} \begin{array}{r} \\ \hline R \end{array} \begin{array}{r} \\ \hline Y \end{array}$$

Each letter in these two multiplication problems stands for a digit. Repeated letters stand for repeated digits. Given $0=2$ and $I=5$, can you replace the missing digits to find the value of MOUNT AIRY, the home of Andy Griffith?



Short Take

Watson:

Why did the coroner suspect the deceased was poisoned?

Holmes:

Alimentary, my dear Watson.

UNSCRAMBLIT

Cy Nical says,
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world coming to an end
today-In Australia it's

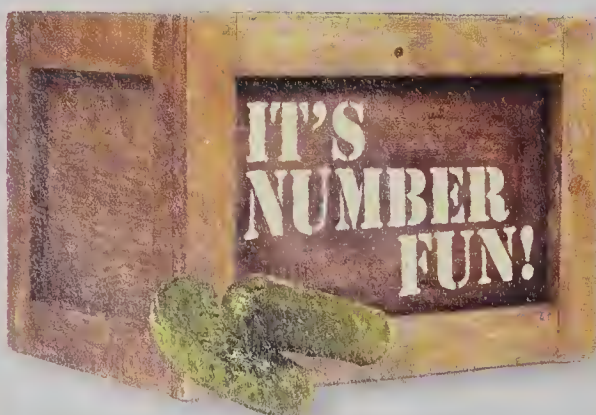
A
u c m s u n e

b a r a m m a l

Use the capital letters in the code key below to fill in the blanks above.

A D E L M O R T W Y means
u n s c r a m b l e

Oh, Henry!



HERE'S HOW IT WORKS

Each digit in the code key stands for the letter below it. Solve this addition problem and write your answer on the blanks. Then use the code key to find the name of the town in Wayne and Duplin counties widely known for its pickles.

$$\begin{array}{cccccccccccc} 1 & 5 & 9 & 2 & 3 & + & 1 & 2 & 4 & 5 & 6 & = & _ & _ & _ & _ & _ \\ M & N & E & O & I & + & _ & _ & _ & _ & _ & = & _ & _ & _ & _ & _ \end{array}$$

CODE KEY

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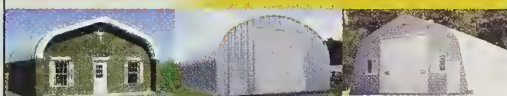
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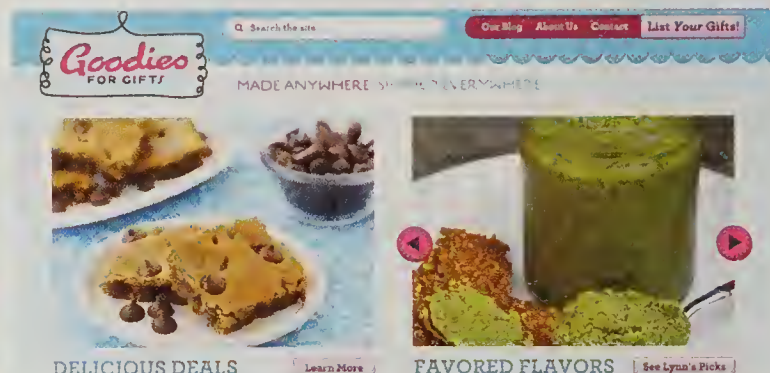


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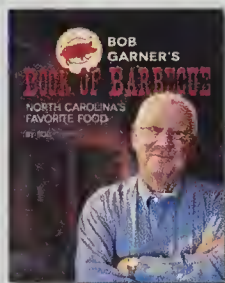
on the bookshelf

Book of Barbecue

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The Power Of Sleep

In our busy society getting enough sleep, especially good sleep, can be a challenge. This book discusses how to sleep properly and how sleep may be used to enhance mental, physical and spiritual development. Topics that the author, Dr. Michele Powell, examines include sleep rhythms, the state of sleep, the mind-body connection, the use of sleep medication and the healthful benefits of a balanced life. Powell, a board-certified osteopathic family practitioner in Winston-Salem, also explores how to use sleep to awaken creativity and provides suggestions on falling asleep (as well as how to wake up). "The Power of Sleep" is published by Ecco in Sandy, Utah. Softcover, 84 pages, \$9.99.

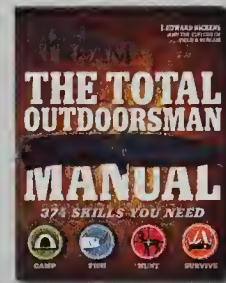
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Want to hunt better? Fish smarter? This guide's step-by-step instructions and colorful photographs detail more than 370 skills to help you get you more fish and game, save you from danger, and make you the most competent guy in camp. There are suggestions for tracking a buck, cooking wild game and mastering bowhunting and advice on dealing with mean bears and the best techniques for flyfishing and baitcasting. The book also covers essential gear for outdoor activities, and field reports further the theme of each chapter. Editor-at-large T. Edward Nickens, who is based in North Carolina and co-wrote the guide with editors of Field and Stream magazine, shares personal adventures in "Trout Madness" and "Death Trap." Published by Weldon Owen in San Francisco. Flexicover, 320 pages, \$25.

www.barnesandnoble.com



Old Fort Depot and Museum

Photography by Ashley Fetner

Old Fort, in western McDowell County, was the site of Davidson's Fort, built in 1776 as a defense against the Cherokee and as colonial America's westernmost outpost at the time.

In 1858, the Western North Carolina Railroad opened 84 miles of track from Salisbury to Morganton. After the war, by 1869, the railroad had reached Old Fort, where the mountains presented a challenge. Financial troubles also slowed progress until 1877 when the state owned most of the operation and work resumed. All together it took 11 years and some 500 convicts to build the nine miles of track and blast through rock for seven hand-dug tunnels across the Swannanoa Gap, costing some 120 workers their lives. The 1,800-foot Swannanoa Tunnel, the longest, opened in 1879. It took another year before the railroad reached Asheville.

Prior to the opening of the line through Swannanoa Gap, westbound trains stopped at Henry's Station, about three miles west of Old Fort, where passengers and freight transferred to stagecoach and wagons. The railroad station was built here in 1880.

In the summer, I would take the train to visit my grandparents in Hendersonville. My favorite part was across Swannanoa Gap. Often when the train stopped at the Old Fort Depot, school children would scramble on with bag lunches for a field trip up the mountain. As the train entered each of the seven tunnels, we heard squeals and screams throughout the passenger cars. During winter, long icicles glistened on the tunnel walls.

The last passenger train stopped at Old Fort Depot in 1975. When renovations were completed in 2005, it was re-opened as a Railroad Museum and Visitors Center. Artifacts and exhibits include original tools, signal lights, an original caboose, photographs and information related to the history of Old Fort, the depot and the Southern Railway Company.

—Kay Fetner

Ashley and Kay Fetner are members of Randolph EMC. www.ashleyfetnerportraits.com



July Events



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(828) 667-8502
www.primitivequartet.com

Fireworks Extravaganza

July 4, Blowing Rock
(919) 277-1184
www.tweetsie.com

Bluegrass & Brass Concert

Blue Ridge Mountain version of New Orleans Dixieland
July 4, Blowing Rock
(828) 266-1345
www.mountainhomemusic.com

Celebrating Freedom

Includes 225th Year anniversary festivities
July 4, Rutherfordton
(828) 287-6113
www.rutherfordtown.com

Fourth of July Celebration

July 4, Andrews
(828) 321-2135
www.cerokeecountychamber.com

140th Anniversary Parade

July 4, Boone
(828) 266-1345
www.boone-nc.org

Burning In Effigy Of King George

Independence celebration
July 4 & 7, Boone
(828) 266-1345
www.hickoryridgemuseum.com

First Friday

Concert and gallery opening
July 6, Boone
(828) 266-1345
www.boone-nc.org

Art Walk

July 6, Murphy
(828) 494-7403
www.valleyriverarts.com

Christmas In July

July 6–7, West Jefferson
(336) 982-2021

Blue Yonder Concert

Innovative country music
July 12, Morganton
(828) 433-7469
www.commaonline.org

Musicfest

Doc Watson tribute at Cove Creek
July 12–13, Sugar Grove
(828) 297-2200
www.musicfestsugargrove.org

Highland Games

Scottish dance, music, athletics
July 12–15, Linville
(828) 733-2013
www.gmhg.org

Festival On The Square

July 13–14, Hayesville
(828) 389-0129
www.clayhistoryarts.org

Bob The Builder/The Can Do Crew

Singing, dancing, building extravaganza
July 13–15, Blowing Rock
(877) 893-3874
www.tweetsie.com

Blackberry Festival

July 14, Lenoir
(828) 726-0616
www.caldwellcochamber.org

Sustainability Skills School

Candle making, soap making, canning and preserving
July 14–15, Rutherfordton
(828) 447-6113
www.lovestoryfarm.webs.com

Haywood Community Band Concert

July 15, Waynesville
(828) 456-4880

Smithhills Sr. Brass Band

From Great Britain
July 19, Spindale
(800) 277-9611
www.foundationshows.org

Paul Bowman

Classical, standards, light jazz
July 19, Chimney Rock
(828) 287-6113
www.chimneyrock.org

US Cycling Mountain Biking Gravity Nationals

July 20–22, Beech Mountain
(828) 266-1345
www.beechmtn.com

Fiddlers Convention

July 20–21, Sparta
(336) 363-4383
www.alleganyfiddlersconvention.com

Carolina Chamber Symphony Players

Songs by Johnny Mercer
July 21, West Jefferson
(336) 846-2787
www.ashecountyarts.org

Old Crab Day

July 21, Canton
(828) 235-8280

Puddingstone

Music using ancient and modern instruments
July 26, Morganton
(828) 433-7469
www.commaonline.org

High Country Crank-Up

Antique engine & tractor show
July 26–28, Deep Gap
(828) 264-4977

Tour Of Homes

July 27, Blowing Rock
(828) 262-2800

The Grandfather Campout

Day and night activities
July 27–29, Linville
(828) 733-2013
www.grandfather.com



Listing Information

Deadlines:

For Sept.: July 25

For Oct.: Aug. 25

Submit Listings Online:

Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Blue Ridge Mountain Fair

July 27–28, Sparta
(336) 372-5473

ONGOING**Bluegrass Music Jam**

Thursdays, Marion
(828) 652-2215

Concerts At The Jones House

July 6, 13, 20, 27, Boone
(828) 266-1345
www.boone-nc.org

Bridge Park Pavilion

July 6, 13, 20, 27, Sylva
(800) 962-1911
www.mountainlovers.com

Friday Night Music

July 6, 13, 20, 27, Union Mills
(828) 287-6113
www.unionmillslearningcenter.org

"Alice In Wonderland"

Participation play
July 7 through Aug. 4, Boone
(828) 266-1345
www.horninthewest.com

Cruise In

First Saturdays through October
Lenoir
(828) 728-2456
www.lenoircruisers.com

"Nine To Five"

Broadway musical
Through July 14, Burnsville
(828) 682-4285
www.parkwayplayhouse.com

Hunter Jumper Charity Horse Show

July 24–29 & July 31–Aug. 5,
Blowing Rock
(828) 295-4700
www.blowingrockquestrian.com

Big River

Adaptation of "Huckleberry Finn"
July 28–Aug. 11, Burnsville
(828) 682-4285
www.parkwayplayhouse.com

**Hickory Ridge
Living History Museum**

Backcountry lives of ancestors
Through Oct 13, Boone
(828) 266-1345
www.hickoryridgemuseum.com

Art Walk

Through Nov. 2, Murphy
(828) 494-7403
www.valleyriverarts.com

Piedmont**440th Army Band**

July 1, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

Independence Celebration

July 1, Winston Salem
(336) 650-0753
www.bethabarapark.org

4th Of July Celebration

July 4, Rolesville
(919) 562-7069
www.rolesville4thofjuly.org

Fort Bragg's July 4th Celebration

July 4, Fayetteville
(910) 483-5311
www.fortbraggmwr.com/july4th/

July 4th Celebration

July 4, Hope Mills
(910) 483-5311
www.visitfayettevillenc.com

208th Army Reserve Band

July 5, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

Sea Cruz

Beach music and variety group
July 6, Mount Airy
(336) 755-6946
www.facebook.com/blackmonamphitheatre

Old-Time Dance

Slate Mountain Ramblers
July 7, Mount Airy
(336) 786-7998
www.theearle.org

Independence Day Celebration

July 7, Kerr Lake
(252) 438-2222
www.kerlake-nc.com

THE BROWN MOUNTAIN LIGHTS

ARE STILL A MYSTERY.

(JUST LIKE WHY YOU HAVEN'T
BEEN HERE TO SEE THEM.)

It appears that here in Morganton, North Carolina, we've got a strange phenomenon on our hands. It's a mystery known simply as the Brown Mountain lights. Legend has it that the lights dance in the hillsides at night and have been witnessed by thousands – but explained by none. Yet the biggest mystery is why you haven't come to see them for yourself. Visit TrailheadWNC.com to start your own investigation.

Morganton
NORTH CAROLINA
Nature's Playground

Missoula Children's Theatre Camp

July 9–13, Mount Airy
(336) 786-7998
www.surryarts.org

Fat City at Blackmon Amphitheatre

Rock 'n' roll variety band
July 12, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

Bethabara Concert Band

July 12, Winston Salem
(336) 650-0753
www.bethabarapark.org

Jimmy Lowery Tribute

Steve Jarrell, The Lowry Gang & other
Sons of the Beach members
July 13, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

Dinosaurs Rock

Museum of Life and Science
July 14, Durham
(919) 220-5429
www.lifeandscience.org

Neko Case & Kelly Hogan

Soulful vocalists
July 14, Raleigh
(919) 664-6795
www.ncartmuseum.org

Summer Arts Fest

Museum of the Cape Fear
July 14, Fayetteville
(910) 843-5311
www.visitfayetteville.com

Beauty Low & the Country Beast

Missoula Children's Theatre
July 14, Mount Airy
(336) 786-7998
www.surryarts.org

Radio Controlled Club Fly In

July 14–15, Henderson
(252) 438-2222
www.hendersonrc.org

"Oliver"

Story of young runaway orphan
July 17–22, Raleigh
(919) 831-6941
www.nctheatre.com

Jim Quick & Coastline Concert

Blackmon Theatre
July 20, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

3rd Friday Artwalk

July 20, Siler City
(919) 356-7926
www.ncartsincubator.org



CAROLINA COUNTRY adventures

Day Trip

Battleship fireworks & Wilmington

In her heyday, the USS North Carolina was a furious force. The battleship participated in every naval offensive in the Pacific area during World War II, and by war's end had sunk an enemy troopship, carried out nine shore bombardments, destroyed at least 24 enemy aircraft and earned 15 battle stars.

Today it continues to be exceptional as a tourist attraction and memorial to North Carolinians who gave their lives in military service during World War II. Visitors who navigate the well-marked, self-guided tour learn that the ship boasted more than 2,300 men aboard and doubled as a floating city with its own post office, doctor's office, laundry, shoe shop and tailor. The battleship is open daily and also one of 37 museums and historic sites in the state holding 2nd Saturday events this summer. On July 14, it will have new submarine programming, along with volunteers aboard to discuss daily shipboard life and more. In addition, it regularly offers in-depth programs, including a look at its power plant and weaponry.

The ship also co-stages a spectacular Fourth of July fireworks show, "Battleship Blast." You can watch this dazzling pyrotechnics display from across Cape Fear River at the annual Riverfront Celebration in Wilmington's historic district. Food and entertainment start at 5 p.m. on Water Street and fireworks start at 9:05 p.m. (The battleship closes at 6 p.m. on July 4, so if you want to visit it that day, go earlier.) For battleship information, call (910) 251-5797 or visit www.battleshipnc.com.

Area maritime options included narrated river cruises and expeditions to barrier islands, and there are three beaches — Wrightsville, Kure and Carolina — less than 30 minutes driving time from downtown.

Wilmington is awash in art galleries, shops, restaurants and watering holes. An especially unique attraction is the Serpentarium, which features some of the world's most dangerous and deadly snakes, lizards, dragons and crocodiles in lush settings designed by the film industry. Visitors ooh and aw over its King Cobra, Monitor Lizard, giant Anaconda, Burmese Python and Nile Crocodile, to name a very few. Cape Fear Serpentarium is on Orange Street (where it meets the river) and is open daily.

—Karen Olson House



Watch the July 4 fireworks show from Wilmington's Riverfront Celebration.

Learn of other nearby adventures and events:

(877) 406-2356 (toll-free)

www.wilmingtonandbeaches.com

Voice Of Blue Ridge

Blue grass & old time music
July 21, Mount Airy
(336) 786-7998
www.theearle.org

Wedding Of Siamese Twins

Production about Eng & Chang Bunker
July 21–23, Mount Airy
(336) 786-7998
www.surryarts.org

Fantastic Shakers

Classic beach music
July 27, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

Country Magic

Classic country, rock & oldies
July 28, Mount Airy
(336) 786-7998
www.facebook.com/blackmonamphitheatre

"Legally Blonde"

Comedy production
July 28–30, Mount Airy
(336) 786-7998
www.surryarts.org

ONGOING**Living Storybook**

Children's theatre series
July 3, 10, 17, 24, Mount Airy
(336) 786-7998
www.surryarts.org

Art After Hours

Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Fourth Friday

Fayetteville
(910) 483-5311
www.theartscouncil.org

Concerts

Third Saturday through Oct. 6,
Albemarle
(704) 791-7399
www.littlecreekmusicpark.com

"The Sword Of Peace"

American Revolution drama
July 12–Aug. 12, Snow Camp
(336) 213-5746
www.snowcampdrama.com

"Pathway to Freedom"

Underground Railroad drama
July 13–Aug. 18, Snow Camp
(336) 213-5746
www.snowcampdrama.com

"Scapes"

Art exhibit
Through July 22, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

**Celebrating 100 Years
Of Girl Scouting**

Through July, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Refractions

Paintings, mosaics
July 23 through Aug. 26, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Al Norte al Norte:

Latino Life in North Carolina
Through April 28, 2013, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Coast**Sunday In The Park**

Supergit Cowboy Band
July 1, Greenville
(252) 329-4200
www.grpd.info

Songs I Have Always Wanted to Sing!

July 2–3, Manteo
(252) 475-1500
www.roanokeisland.com

Fabulous Me, Fantastic You!

Children's show
July 3–5, Manteo
(252) 475-1500
www.roanokeisland.com

440th Army Band With Fireworks

July 4, Manteo
(252) 475-1500
www.roanokeisland.com

Freedom Festival

July 4, Jacksonville
(910) 347-5332
www.onslowcountync.gov/parks

Fourth Celebration

July 4, Greenville
(252) 329-4200
www.greenvillejaycees.com

Surf, Sun & 5k Run

July 7, North Topsail Beach
(910) 347-5332
www.onslowcountync.gov/parks

"Ain't Misbehavin'"

Musical revue
July 10–12, Manteo
(252) 475-1500
www.roanokeisland.com

The Tortoise And The Hare

Children's show
July 10–12, Manteo
(252) 475-1500
www.roanokeisland.com

Lens Of The Magic Lantern

Civil War scenes
July 14, Manteo
(252) 475-1500
www.roanokeisland.com



There are more than 200 markets in North Carolina offering fresh produce and more. For information about one near you, visit www.ncfarmfresh.com/farmmarkets.asp.



Take in paintings by Linda Carmel and Marcy Lansman and Pam Isner's mosaics at the "Refractions" opening reception 6-9 p.m. on July 27 in Hillsborough. Lansman's "Zinnias" is above. Call 919-732-5001 or visit www.HillsboroughGallery.com.

Sunday In The Park

Panyelo — steel drum ensembles
July 15, Greenville
(252) 329-4200

"Rapunzel" — Children's Show

July 17–19, Manteo
(252) 475-1500
www.roanokeisland.com

Smokey Joe's Café

Musical revue
July 17–19, Manteo
(252) 475-1500
www.roanokeisland.com

Ice Cream Social

The Blind Center benefit
July 20, Washington
(252) 946-2608

Flea Mall Event Grounds Pro Rodeo

July 20–21, Newport
(252) 342-1563
www.newportfleamall.com

ONGOING**Umbrella Market**

Wednesdays, Greenville
(252) 561-4200

Art Walk

First Friday, Elizabeth City
(252) 335-5330
<http://ecncart.com>

Park Concert Series

Sundays, Greenville
(252) 329-4200

4th Of July Festival

Through July 4, Southport
(404) 237-3761
www.nc4thofjuly.com

Civil War Exhibits

Through July 31, Hatteras
(252) 986-2995
www.graveyardoftheatlantic.com

Workboats & Watermen In Civil War

Through Sept. 4, Manteo
(252) 475-1500
www.roanokeisland.com

Why ventilate your attic?

By Hannah McKenzie

Q My sister Louise cut an article out of the newspaper about solar powered ventilation fans for attics. Do these things really work? I could install it myself, since no wiring is required, and the article said it would save money by cooling off the attic.

Ask Louise what she's doing hanging out in the attic. And if she's not spending time up there, why does she want to make the squirrels and bats more comfortable? Powered attic ventilators are generally not a good idea, whether they're powered by nuclear electricity, burning water buffalo dung, landfill-generated methane gas or directly by the sun.

Powered attic ventilators are promoted as doing three things:

- Reducing summer air conditioning bills
- Removing moisture from the attic
- Extending shingle life

Let's look at each of these.

Reducing summer air conditioning bills

Theoretically, these fans reduce attic temperatures by pulling outside air into the attic. Unfortunately, somebody forgot to tell that to the air. In most of the houses we've tested, the attic fans were drawing some of the air from the house, rather than from the outside.

In other words, they are cooling the attic by drawing air-conditioned air out of your house and into the attic. Cooling the attic is not recommended by anyone I know as an effective strategy for reducing your bills. Effective strategies include sealing the air leaks between the house and the attic and making sure there is enough attic insulation and that it is installed properly.

Another problem is that a large fan in the attic that is pulling air out of the house can create a negative pressure in the house. This negative pressure can suck the flue gasses out of a water heater or other combustion appliance. In one house we tested, we measured substantial levels of carbon monoxide (CO) in the daughter's bedroom in the basement. The CO was coming from the water heater next to the bedroom, which was backdrafting. The daughter had been suffering from flu-like symptoms for some time. The back-drafting was caused by the powered attic vent fan.

Removing moisture from the attic

Vent fans are also promoted to remove moisture from the attic. In our part of the country, the humidity is typically



Cooling the attic is not recommended by anyone I know as an effective strategy for reducing your bills.

high in the summer, when we're advised to run the fans to "cool" the attic. To the extent that the fan is pulling outside air into the attic, that air will tend to have a high relative humidity, so it's unlikely that it will reduce the moisture level in the attic.

If there is an air conditioning unit with a leaky cabinet or leaky ductwork in that attic, there's a chance that the moisture in the air will condense on the cold spots and cause moisture damage. Rather than solve moisture problems, the powered attic vent fan may, in fact, cause it.

Extending shingle life

Finally, powered attic vent fans are advertised as a strategy to extend shingle life by reducing attic temperatures. Shingles are heated by radiant heat from the sun. It's possible that ventilating the attic can reduce the temperature of the air in the attic, which could reduce the temperature of the roof decking, which could reduce the temperature of the back of the shingles. I've seen no research, however, that supports the idea that powered attic fans actually increase shingle life.

If you are in a climate where you can be comfortable in your house without air conditioning, an attic fan won't have the drawback of pulling costly air conditioned air out of the house. Also, if there is no air conditioning, there is little likelihood of having cold condensing surfaces in the attic, so moisture problems are unlikely. In these circumstances, a powered attic fan may be helpful. But be sure to check that the water heater is not back-drafting.

If you're in a warm, moist climate where you need air conditioning, I would tell Louise that you'd much rather get a solar-powered outdoor lighting system or a solar hot water system. But a solar-powered attic fan? It's like smoking cigarettes made with Vitamin C. ☹

Hannah McKenzie is a residential building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org) who specializes in working with nonprofit developers like Habitat for Humanity to make new affordable housing energy efficient.

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Icebox Sandwiches

- 1 package (3.4 ounces) instant vanilla pudding mix
- 2 cups cold milk
- 2 cups whipped topping
- 1 cup (6 ounces) miniature semisweet chocolate chips
- 48 graham cracker squares

Mix pudding and milk according to package directions and refrigerate until set. Fold in whipped topping and chocolate chips.

Place 24 graham crackers on a baking sheet; top each with about 3 tablespoons filling. Place another graham cracker on top. Freeze for 1 hour or until firm. Wrap individually in plastic wrap; freeze. Serve sandwiches frozen.

Yield: 2 dozen

Summer Dessert Pizza

- 2 tubes (8 ounces each) refrigerated crescent rolls
- 1 package (8 ounces) cream cheese, softened
- 1 cup confectioners' sugar
- 2 tablespoons seedless raspberry jam
- 1 carton (8 ounces) frozen whipped topping, thawed
- 4 medium kiwifruit, peeled and sliced
- 1½ cups sliced strawberries
- 1½ cups each fresh raspberries, blueberries and blackberries
- ½ cup flaked coconut, toasted



Unroll the crescent dough and place in a greased 15-by-10-by-1-inch baking pan. Press onto the bottom and up the sides of pan; seal seams. Bake at 375 degrees for 15–20 minutes or until golden brown. Cool on a wire rack.

Meanwhile, in a small bowl, beat the cream cheese, confectioners' sugar and jam until smooth. Fold in whipped topping. Spread over crust. Arrange fruit over top. Sprinkle with coconut. Chill until serving.

Yield: 16 servings

Find more than 500 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine, unless otherwise indicated. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.



Sassy Tailgate Sandwiches

- 12 Hawaiian sweet rolls, split
- 1 pound shaved Black Forest ham
- 12 ounces Gruyere cheese, sliced
- 1 tub (8 ounces) chive and onion cream cheese
- ½ cup butter, melted
- ¼ cup grated Parmesan cheese
- 1 tablespoon Worcestershire sauce
- 1½ teaspoon dried minced onion

Arrange bottoms of rolls in a greased 13-by-9-inch baking dish. Layer with ham and Gruyere cheese. Spread each roll top with cream cheese; place over Gruyere.

In a small bowl, combine the butter, Parmesan cheese, Worcestershire sauce and onion. Pour over sandwiches. Let stand for at least 20 minutes.

Cover and bake at 350 degrees for 20 minutes or until heated through.

Yield: 1 dozen

From Your Kitchen

Chicken Milano

- 1 pound thinly sliced chicken breasts, grilled and cut into small pieces
- 1 jar garlic Alfredo sauce
- ½ cup thinly sliced mushrooms
- ½ cup sundried tomatoes in oil, drained
- ½ cup grated Parmesan cheese
- 8 ounces bowtie pasta, cooked and drained

Mix everything together except cheese and pour into a casserole dish. Sprinkle cheese on top. Bake at 350 degrees until hot and bubbly.

*This recipe comes from
Ellen Klaenhammer of Wilmington.*

Send Us Your Recipes

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